

Fruit and vegetable consumption, nutritional knowledge and beliefs in mothers and children

Study from Britain/London (1998)

Objective: To determine the contribution of a variety of psychosocial and environmental factors to consumption of fruits and vegetables by children nine to eleven years old.

Participants: 92 mothers and children

Methods: Mothers' diets were measured by a food frequency questionnaire. Children's diets assessed by a three-day frequency questionnaire.

Results: Consumption was related to different psychosocial and environmental factors. Promotion of this behavior may require attention to nutritional education and child feeding strategies of parents.

Source: Gibson EL, Wardle J, Watts CJ. Fruit and vegetable consumption, nutritional knowledge and beliefs in mothers and children. *Appetite* 1998; Oct31(2):205-228

